

Ballroom: Introduction

Instructor: Carol Lanzillo,

Arthur Murray Dance Studio of Natick

Did you love watching Dancing with the Stars? Did you see Take the Lead or Shall We Dance? Have you always wanted to learn how to dance? Now is your chance! Across the country people are learning the joys of ballroom dancing, become one of them! We will teach you the basic fundamentals of ballroom dancing; learn how to lead, follow and feel great on the dance floor. You will also learn about timing, rhythm and posture. We will Waltz, Rumba, Foxtrot and Salsa the weeks away. Add passion and excitement to your life today! Please bring leather soled shoes.

8 weeks

Monday 7 – 8 pm

October 15 - December 10 (No class 11/12)

@ Warren Building

\$195 per couple

Min: 10 cpls/Max: 15 cpls.

Non resident
fee is
\$10 per class

Social Dancing 101

Instructor: Tracey Giorgio & Jon Schimmel

Characterized as sophisticated, smooth and often romantic. Lead or follow your dance partner with confidence and grace at clubs, weddings, and other social occasions. You'll learn to dance to a wide variety of contemporary and classic smooth music. Singles welcome, please call the Recreation office for availability.

8 weeks

Wednesday

7:30 - 8:30 pm

September 19 – November 14 (No class 10/31)

@ Warren Building

\$195 per couple

Min: 10/Max: 20 cpls

\$110 per single



Belly Dance Lessons:

Language of the Dance

Instructor: Amira Jamal

A technique class for mixed levels based on Amira's book, "Language of the Dance." We will work head to toe on wonderful and fun steps and combinations so that you can show off our popular and invaluable additional 1/2 hour of social dancing to friends and family, or just enjoy them for yourself. We will work on shimmies, beautiful arms, hip articulations, traveling steps, upper body work, and of course, the lovely veil. We will also learn and use finger cymbals. Materials not required but are available from instructor: Finger cymbals, Language of the Dance (book with CD-Rom), and veils are available for the purchase price of \$20 each. Classroom music CDs are \$15 (\$10 with the purchase of the book).

10 weeks

Wednesday 7:15 – 8:15 pm

September 19 - December 5 (no class 10/31 & 11/21)

@ Warren Building

\$175

Min: 10/Max: 20

Latin Dance

Instructor: Tracey Giorgio & Jon Schimmel

The Latin dances are characterized as the "hottest" dances today. With contagious Latin beats and rhythms, this music will be sure to keep your feet moving. Come join us and learn the basic footwork and patterns for Salsa and Cha-Cha. This class includes an additional 1/2 hour of social dancing to solidify what you've learned by dancing with the instructor and with each other. Couples and singles welcome. Singles welcome, please call the Recreation office for availability.

8 weeks

Thursday

September 19 – November 14 (No class 10/31)

Dance Instruction

8:30 - 9:30 pm

Social Dancing

9:30 - 10 pm

@ Warren Building

\$195 per couple

Min: 10/Max: 20 cpls

\$110 per single